



# one POTATO TWO

News from the fields of Driftless Organics • Volume 8 - Issue 5 • July 10-12, 2014

*Week #5! Have you been checking out these skies the last couple of weeks? It has been absolutely gorgeous out lately and we are trucking right along into the middle of the growing season. Garlic is about set to be harvested, the tomatoes are starting to blush and the sweet corn is tasseling! It's a good day to be alive and we are SMILING!*

*Well, OK for the most part we are.*

*We DID however receive a pretty intense rain/hail storm on Monday night that did quite a bit of damage to some of our leafier crops... This week's box is a bit mixed up because of it, but still a lovely assemblage of veggies just the same. And we do believe that for the most part our crops will survive and some of the longer season veggies like kale and chard will grow out of their current state of shredded-ness. That's all the news I have to report for now!*

*-- Mike*

## THIS WEEK'S BOX

Asian Greens Mix  
Broccoli  
Cilantro  
Cucumbers  
Garlic Scapes  
Green Beans  
Rainbow Chard or Bok Choi  
Romaine Lettuce  
Red Lettuce  
Scallions  
Snap Peas  
Zucchini or Summer Squash

GETTING THE KIDS TO EAT

GREEN BEANS

When it comes to getting kids to eat green beans - it's all about how you cook them. Try these sure-fire recipes:

### OVEN ROASTED GREEN BEANS

1 pound green beans  
1 1/2 tablespoons Driftless Sunflower Oil (or extra-virgin olive oil)  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper

Preheat the oven to 425. Trim the ends of the green beans and add to a large bowl. Toss with the oil, salt and pepper and spread out evenly on a parchment lined baking sheet. Roast, stirring once halfway through, until lightly caramelized and crisp tender, 12 to 15 minutes.

### CRISPY PARMESAN BEAN-FRIES

1 pound green beans, ends snipped off  
1/4 cup Parmesan cheese, grated  
1/2 tsp Garlic powder  
1/4 tsp Salt (or to taste)  
1/8 tsp Pepper (or to taste)

Preheat oven to 425. Line a baking sheet with foil, and spray with non-stick cooking spray. Place beans on pan, making sure they are evenly spread out, and none are laying on top of each other, (this will ensure even crispiness!) Sprinkle seasonings and parmesan cheese evenly over green beans. Bake for 10-15 minutes, or until golden brown and crispy! (To make them extra crispy, broil for an extra 1-2 minutes before pulling them out of the oven). Enjoy immediately with ketchup or creamy dip.

## DID YOU KNOW?

Did you know that we work with some of the most amazing people ever? Here at Driftless Organics, on any given weekday there are about 13-18 hardworking souls growing your food for you. Their stories and personalities are all different, but one thing that is consistent among them all is that they are passionate about raising good quality food the way it is supposed to be raised. As far as I'm concerned, working with these folks is by far the best part of my job.

What's really cool is how many ex (or current) Driftless employees are doing their own farming. There's a cattle rancher, a chicken farmer, a couple that raises sheep, and even a dude who has gone off to start his own oven-fired pizza business where he grows his own toppings on his farm. We have employees that are raising chickens, ducks, goats and all sorts of gardens of every shape and size. There is even one couple that has just started a full fledged dairy farm!

I feel really lucky and grateful to be working with such hardworking and enterprising farmers and farmers-to-be. We salute you all!

**Asian Greens Mix** - A nice big spicy bag of greens to mix in your chopped up head lettuce. Some folks like to cook with these greens, but we like to use them to add zip to a salad. Store for a week or less.

**Broccoli** - The broccoli is finally starting to come on! Broccoli is great eaten raw. Try a veggie tray

**Cilantro** - a great herb to use in a small batch of pesto or in the recipe below. Store in a plastic bag in your fridge.

**Cucumbers** - The cucumbers are coming on strong and there is a LOT in your box this week. They are great for juicing!

**Garlic Scapes** - the last week of scapes. They do make for an acceptable garlic replacement. Chop up small and use as you would garlic. Great in eggs!

**Green Beans** - A nice big bag of beans for you to enjoy. Try in the

recipes on page 1, or to the right. Store in the plastic bag they came in.

**Rainbow Chard or Bok Choi** - We had hoped to give you all a nice bunch of chard, but the hail from Monday night had other ideas. Both are great cooking greens where you can use both the stems and the leaves (make sure you separate and cook the stems for a bit longer.

**Romaine Lettuce** - Should be stored in plastic in the crisper drawer of your fridge. Try to use up quick, as these aren't keeping as long as they normally should.

**Snap Peas** - You HAVE to try this recipe below. I've had it for the last three meals!

**Snow Peas** - No stir fry is complete without some snow peas! Add towards the end, as they are best when still slightly crunchy.

**White Scallions** - These are getting bigger and can be used like you would a normal onion.

## LEMON ROASTED SUMMER VEGGIES

4 cups vegetables, cut into large bite sized pieces (broccoli, snap or snow peas, fennel bulbs, green beans zucchini, summer squash, etc.)

4 garlic scapes, coarsely chopped

Juice & zest of 1 lemon

3 Tbsp. olive or Driftless sunflower oil  
fresh rosemary or thyme (optional)

¼ c. grated parmesan

½ c. parsley, chopped

salt & pepper to taste

Pre-heat oven to 450 degrees. Toss vegetables, scapes, lemon juice & zest, oil, rosemary/thyme (if using), salt & pepper & pour into an 8x11 baking dish.

Roast uncovered for 20-25 minutes, stirring a couple of times, until vegetables are just starting to brown.

Remove from oven & sprinkle with parmesan & parsley.

Serve immediately.

## VERY SIMPLE SAUTEED SNAP PEAS

*\*I got this trick from a Cook's Illustrated magazine years ago – when you add just a sprinkle of sugar to peas as you sauté them it really brings out their natural sweetness... This is just the most delicious way to enjoy sugar snaps!*

1 Tbsp. unsalted butter

2 c. snap peas, stems & strings removed

1/8 tsp. sugar

Salt & pepper to taste

Heat butter in a cast iron or non-stick skillet over high heat until foamy. Toss in peas, sugar, salt & pepper & cook, tossing peas a few times, just until bright green & caramelized in a few spots. Eat immediately. Serves 2-3.

## SOUTHEAST ASIAN CUCUMBER PEANUT SALAD

3 cucumbers, peeled, seeded & sliced into ½ inch crescents

1 Tbsp. salt

2 Tbsp. lime juice

1 ½ Tbsp. rice or white vinegar

1 Tbsp. oil (peanut or sesame is best)

1 Tbsp. sugar

2 tsp. minced garlic scapes

1 tsp. whole coriander seeds, toasted until fragrant

¼ -1/2 tsp. chili flakes

½ c. roasted peanuts, chopped

½ c. cilantro, coarsely chopped

Mix sliced cucumbers & salt in a colander & sit to drain for 15 minutes. Rinse well & drain again. Whisk together lime juice, vinegar, oil, sugar, garlic scapes, coriander seeds, & chili flakes until sugar is dissolved. Toss with drained cucumbers in a bowl & chill for about a ½ hour. Garnish with peanuts & cilantro to serve. Best eaten within a few days.

\*\* Good with blanched green beans or snap peas in addition to the cucumbers! \*\*